

Newsletter



December 2017

Special points of

interest:-

[48% of Nurses and Midwives no longer registered in UK](#)

In 2016-2017 in the UK 48% more nurses and Midwives left the register outnumbering the joiners. Most were under 40 years old and many stated working conditions as an influencing factor. (BMJ 2017; 358:j3234)

[GP Surgeries](#)

Between 01.07.16 – 30.06.17 in England 202 GP surgeries closed or merged and 8 new GP surgeries opened (BMJ 2017;358:j3439)

Seasons Greetings

Please note our office will **close at 12:00 noon on**

22nd December reopening on the 3rd January 2018.

Please Note: If you expect an urgent need for an assessment to be conducted during the Christmas closure please let us know by 8th December so we can make necessary arrangements.



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Depression and Exercise

A study published in the UK links regular physical exercise of 1 to 2 hours a week to a 44% lower risk of developing depression. One hour of exercise a week seems to relate to about a 12% reduced risk. These findings are supported by other publications. Please click [here](#) for more information.



Workplace Health Needs Assessment



Public Health England (PHE) have published a document providing practical advice to employers on health in the workplace including a tool to carry out workplace health needs assessments. For further information please click [here](#).

Dupuytren's Contracture

Dupuytren's contracture is very common in the northern European population. No surprise it was pictured in art like the famous drawing of the praying hand by Albrecht Durer. It is a disease that runs in families. It is more common in men than women and increases with age. It affects about 20% of men above the age of 60 and about 20% of women above the age of 80. It is a progressive disease in which increased connective tissue is produced in the palm of the hand. It is not a cancer that can spread to other body areas but it can never the less impact increasingly on function of the hand. The increase of connective tissue starts with little nodules that can be felt. Over the years the amount of tissue will increase and form a cord between the palm of the hand and along the fingers. These cords can then contract causing problems in stretching the fingers fully and impacting on grip. In the workplace Dupuytren's disease is most noted in jobs with demands on physical manual handling and firm grip. Studies show that previous injuries or vibration exposure do not influence the likelihood of the disease. It is known that it is more common in people who have diabetes mellitus, are smoking or have increased alcohol intake. It has also been associated with some medication.



With retirement age increasing more and more people with symptoms of Dupuytren's disease will increasingly be in the workplace and shall require appropriate adjustments.

Natural Hormonal Changes in Women

The natural hormonal changes in women aged round 40 to 60 usually referred to as menopause causes quite significant symptoms. Hormone levels have an impact on the way the brain works and the way the environment is experienced. Like women during reproductive age the monthly changing hormone levels can cause increased anxiety shortly before the monthly period starts. It is not unusual for women to see their GP due to anxiety symptoms and not responding to the medication suggested. A referral to an experienced gynaecologist with hormone substitution treatment can result in a cure of the anxiety symptoms. In some countries it is officially acknowledged for women having time off work related to monthly changes. This does not work well for many roles in the UK. Short deadlines leaving no option to move tasks around in a few days, often expect constant performance at the same level on a daily basis. Slight adaptations to accommodate peak performance times and some less challenging tasks at the right time would make life for women much easier and increase overall performance as they know when they can do which task at their best. Other symptoms influenced by hormone levels are headaches, migraines, and being vulnerable to infections.

